

Vermont Department of Education Linking Health & Learning e-Bulletin

January, 2010

Happy New Year from the Vermont Department of Education!

News and General Announcements

New CATCH Resources in HERC

Thanks to a generous donation from Flaghouse Inc. the Vermont Health Education Resource Center (HERC) has many, new Coordinated Approach to Child Health (CATCH) materials for loan. Items include physical education activity boxes and curricular guides, plus nutrition, physical activity, and tobacco education resources. To learn more about this evidence-based program click [here](#). To borrow materials write to doe-herc@state.vt.us or call (802) 828-0543.

School Health Profiles Surveys in the Mail Soon!

For more than seven years Vermont has maintained a cooperative agreement with the Centers for Disease Control and Prevention (CDC). This partnership was formed to foster coordinated school health policies and programs for our youth. As part of our agreement, we will conduct surveys of principals and lead health education teachers to assess the status of school health policies and programs at the middle and high school levels. The data collected will be used to design and administer programs that meet the needs of our students, and provide a basis for future funding requests. Surveys will be mailed in mid-January. Response to this survey is very important. The statewide School Health Profiles report will be published on the Vermont DOE website when completed. For more information, contact Judy Safford (802) 828-3126 or judy.safford@state.vt.us.

The Suicide Prevention Resource Center

The Suicide Prevention Resource Center (click [here](#)) offers a weekly update of news, research, and funding opportunities as part of its technical assistance to our statewide grant. You can see the latest issue [here](#).

Sex TV! Script Available

The script for this original dramatic production written by Vermont students for Vermont students is available for download at no cost from the Vermont Department of Education website [here](#). This 30-minute original dramatic production uses HIV/STD/pregnancy prevention messages to explore how communication, gossip, and risk behaviors impact sexual health. Schools are welcome to use and adapt this script for local productions. The suggested target audience for this production is middle school and early high school students. For more information contact Kate O'Neill, HIV Prevention Program, Vermont Department of Education, (802) 828-5151 or kathryn.oneill@state.vt.us

"Learn A Snow Sport Month" & Free Winter Trails Day January 9th, 2010

In January, partners nationwide will celebrate "Learn A Snow Sport Month" including "Winter Trails Day" on January 9th. Programs will offer snow sports newcomers affordable learn-to-ski and learn-to-snowboard programs throughout January at more than 300 ski areas nationwide; click [here](#) for Vermont events. Winter Trails Day on January 9th is great for school groups, youth organizations and families to try snowshoeing, and cross country skiing for free including equipment demos, tours and seminars throughout the day. To schedule a trip to a location near you, click [here](#). "Winter Feels Good" learning tool kits are also available to help introduce elementary-age children to snow sports. The kit and can be ordered at no cost [here](#).

Vermont's "Stretch Your Limits Challenge!" Submission due: March 15, 2010

Governor Douglas and Vermont's Governor's Council on Physical Fitness and Sports invites children, families, classes, and schools to stretch your limits this winter. Physical fitness and sports should be a year-round activity for everyone. If you are a Vermont kid, or a kid at heart, Governor Douglas challenges you to keep active this winter. Try a physical activity or sport you have never tried before or push yourself to the next level doing an activity you enjoy. Download a form [here](#) to tell Governor Douglas what you did and be eligible for prizes and to meet the Governor at the VTAHPERD Intergenerational Wellness Walk on May 12, 2010. Contact Suzanne Kelley at (802) 657-4202 or Skelley@vdh.state.vt.us for more information.

Jr. Iron Chef Competition

March 27, 2010

Applications are now being accepted for the third annual Jr. Iron Chef VT competition. This event is hosted by the Burlington School Food Project and Vermont FEED as a statewide culinary competition. Teams of middle and high school students are invited to create delicious dishes using seasonal, local ingredients. Recipes should be replicable by school foodservice and will have a chance to be featured in school meals. Three awards will be given in each age group: Best in Show, Most Creative, and Greatest Number/Best Use of Local Ingredients. Jr. Iron Chef VT will be held at the Champlain Valley Expo on Saturday, March 27th, 2010 from 9:30 am - 3:30 pm. Team slots are limited and applications will be accepted on a first-come, first serve basis. Applications are now available at www.jrironchefvt.org. For more information or to sponsor the event contact info@jrironchefvt.org.

2010 Fit and Healthy Kids School Wellness Awards

Deadline: April 9, 2010

The Fit and Healthy Kids School Wellness Awards recognize schools whose policies and practices reflect a high priority on healthy outcomes for children. The program is sponsored by Vermont's Action for Healthy Kids, the New England Dairy Council, and the Vermont Departments of Health and Education. There will be one \$500 and two \$250 awards for the top scoring schools to support wellness activities. Early announcement gives schools time to plan, and implement activities through the fall and winter to be counted in this application. Winners will be notified by May 7, 2010 and invited to a recognition event with Governor Douglas at the annual VTAHPERD Wellness Walk on May 12, 2010. For more information, click [here](#) or contact Suzanne Kelley Skelley@vdh.sate.vt.us or (802) 657-4202.

Professional Development Opportunities

Click [here](#) for a calendar of Vermont Department of Education-sponsored events.

2- DAY Botvin's LifeSkills Training Workshop

January 11-12, 2010

Rutland, VT

LifeSkills Provider Training Workshops prepare teachers, school counselors, prevention specialists, community youth educators, and other program providers to effectively implement the state-of-the-art prevention education activities and teaching strategies. The LifeSkills Training program must be implemented carefully and completely. The teaching techniques of facilitation and feedback, coaching behavioral skills, and behavioral rehearsal ensure that students fully understand and can demonstrate the key skills taught in the curriculum. To register click [here](#), or call Casey Boyle-Eldridge at (802) 754-2611.

Promoting Personal Health and Safety: Prevention of Injury and Violence

January 11-March 12, 2010

Online Course

In this online course unintentional injury, sexual abuse, violence, suicide and cyberbullying are examined; from understanding their causes and prevalence to identifying curricula, Web sites and children's literature that can be used in instructional activities. Co-factors such as substance use and mental illness, prevention, early intervention, treatment and recovery will be considered. Personal change processes and environmental strategies conducive to lifestyles that can lower the likelihood of injury and violence will be identified. Click [here](#) for more information.

N-O-T (Not on Tobacco) New Facilitator Trainings

January 12, 2010

Randolph, VT

Whether you are a teacher, SAP, guidance counselor, nurse or prevention worker, you will want to attend this free, one-day training in order to become a N-O-T facilitator in your school or community. Based on social cognitive theory, N-O-T is a gender-sensitive, teen-tested tobacco cessation program that trains young people in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management and peer pressure. This 10-session curriculum is appropriate for either a school or community setting. Click [here](#) to learn more and to register.

The Michigan Model for Comprehensive School Health Education Workshop

January 13, 2010

White River Junction, VT

This curriculum facilitates interdisciplinary learning through lessons that integrate health education into other curricula, including language arts, social studies, science, math and art. Teacher training in the implementation of the model ensures that students and their schools as a whole get maximum benefits from this carefully structured program. The Teacher Training Workshop of the Michigan Model for Comprehensive School Health Education will focus on the tobacco modules. Register [here](#) or call Casey Boyle-Eldridge at (802) 754-2611.

Botvin's LifeSkills Curriculum Training Refresher

January 20, 2010

Montpelier, VT

If you have been implementing the LST curriculum and are finding yourself in an "implementation dip", this one-day refresher is for you. You can review the lessons, model interactive techniques, and try out your own ideas to determine whether they fit within the program guidelines. Click [here](#) to learn more and to register.

Lifelines Curriculum Training

January 22, 2010

White River Junction, VT

The Lifelines curriculum teaches middle and high school students that suicide is preventable and caring adults are available to help. Designed to fit easily into health class programming and lesson plans, Lifelines emphasizes the facts about suicide and the student's role in suicide prevention. Training materials include practical information for faculty and staff on identifying and referring students who might be at risk for suicide as well as a presentation for parents that answers questions about youth suicide prevention and involves them in the school's prevention activities. Click [here](#) to learn more and to register.

Know Your Body Curriculum Training

February 3, 2010

Springfield, VT

Know Your Body (KYB) emphasizes individual responsibility for health and lays a firm foundation for children in grades K-6 to make health-promoting decisions. Filled with wonderful learning activities for integrating health education into the general curriculum; this is an outstanding choice for elementary learners. Each grade level has 12 modules with the same subject focus, but different lessons, which enables continuous exposure and scaffolding of concepts, knowledge and skills across grade levels. Behavioral goals are geared toward outcomes that children of this age can realistically achieve, such as breakfast and snack choices and asking adults to not smoke in their presence. Click [here](#) to learn more and to register.

EDA AAHPERD Convention: "Meet Our Challenges and Make a Difference"

February 24-27, 2010

Rye Brook, NY

The Eastern District Association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) will hold its annual convention this February in NY. For more information and to register, click [here](#).

PIRC Vermont Family Expo

February 27-28, 2010

South Burlington, VT

This two-day event, sponsored by the Vermont Parent Information and Resource Center (PIRC), will feature organizations, businesses and community service providers who are dedicated to the success of all children. Not only will information and resource tables be available, but there will

be entertainment for the whole family along with a silent auction of goods and services from some of Vermont's finest businesses and organization. For registration information contact Kathleen Kilbourne at (800) 800-4005 x244 or www.pircvermont.org

Coordinated School Health Course

February 28 - April 23, 2010

Online Course

The Coordinated School Health Programs course will run online facilitated by Shevonne Travers (two credits). For more information contact MJ Peters mj.peters@vthec.org or click [here](#).

Save the Date - Vermont Freemasons C.A.R.E. Training

March 30-31, 2010

South Burlington, VT

This training opportunity for schools is designed to create an informed team that can help identify and provide appropriate guidance for factors that might contribute to a student's behavior or inability to learn. Registration will be in January. Click [here](#) or contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us for more information.

Vermont Healthy Schools Summer Institute 2010

This event has been changed. It will no longer be held June 30-July 2. Information about other offerings is forthcoming.

Grant and Funding Opportunities

General Mills Foundation Grants

Deadline: January 15, 2010

General Mills will award 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. To learn more and access the grant application click [here](#).

Fund for Teachers

Deadline: January 29, 2010

The Fund for Teachers invites educators from across the country to submit proposals for their own do-it-yourself learning odysseys next summer. Destinations and disciplines are limitless as previous itineraries over the past nine years include tours, conferences and independent studies on every continent. Multiple grants, of \$5,000 for individuals, and team grants of up to \$10,000, will be awarded. Some restrictions apply. For more information click [here](#).

School Healthy Eating and Physical Activity Grant

Deadline: February 1, 2009

Action for Healthy Kids, in partnership with the Kellogg's Corporate Citizenship Fund, is giving schools the chance to receive a \$1,000 mini-grant to support healthy eating and physical activity at school. In addition to funding, grantees will receive project support from national and state Action for Healthy Kids volunteers and staff. Funding will be available to empower parents as change agents in their school, support School Healthy Advisory Councils, and implement local wellness policies. For more information and a copy of the application click [here](#) or contact Selena King at selena@ActionForHealthyKids.org

Welch's/Scholastic Harvest Grants

Deadline: February 6, 2010

The Harvest Grants funding program helps schools across the US create fruit and vegetable gardens. Maximum award packages are valued at \$1,000 each. Applicants must be K-8 teachers. Entries will be judged by experts at the National Gardening Association, and two schools in every state will be selected to receive a Welch's Harvest Grant. Winning schools will receive a customized indoor or outdoor garden package filled with a variety of tools, seeds, educational materials, and more. Click [here](#) for complete information.

Lowe's Toolbox for Education Grant

Deadline: February 12, 2010

This program, funded by the Lowe's Charitable and Educational Foundation, is accepting funding requests for projects that have a permanent impact such as facility enhancement (both indoor

and outdoor) as well as landscaping/clean up projects. Projects that encourage parent involvement and build stronger community spirit will be favored. Requested grant amount must be between \$2,000 and \$5,000. Applications will be limited to 1,500. Click [here](#) to learn more.

The 21st Century Community Learning Centers Grant

Deadline: February 12, 2010

The Vermont Department of Education is excited to accept proposals under the 21st Century Community Learning Centers Program (21C) to award significant funding to schools and communities with high need populations (30% free/reduced meals) that want to establish or expand afterschool programs in Vermont. For questions contact emanuel.betz@state.vt.us or call (802) 828-0557. Click [here](#) for more information.

2010 Mantis Awards for Community and Youth Gardens

Deadline: March 1, 2010

Each year, Mantis presents the Mantis Awards for charitable and educational garden projects that enhance the quality of life in their host communities. Any nonprofit garden program may apply. Awardees are groups turning slim resources into bountiful gardens with far-reaching benefits, from increasing their community's access to fresh nutritious foods to educating the public about the importance of gardening in our nation's history. Twenty-five programs will each receive a Mantis Tiller/Cultivator with border/edger and kickstand, and their choice of gas-powered 2-cycle engine or electric motor valued at \$349. For more information click [here](#).

Tony Hawk Foundation Offers Grants for Skatepark Construction

Deadline: March 1, 2010

The Tony Hawk Foundation funds grants to encourage and facilitate the design, development, construction, and operation of high-quality public skateparks in low-income areas across the US. Applicants must be a 501(c)(3) public charity, state or local agency, including public schools or public projects. Grants range from \$1,000 to \$25,000 each. The foundation may offer technical assistance related to design and construction, promotional materials, training materials, and safety information, or facilitate support from vendors, suppliers, and community leaders. The online application will be available after January 15th; click [here](#) for details.

American Academy of Dermatology's Shade Structure Grant

Deadline: April 12, 2010

Academy of Dermatology offers \$8,000 grant awards to approximately 30-35 grant recipients each year for the purpose of providing a permanent shade structure to outdoor locations that are not protected from the sun. All non-profit organizations serving children 18 years and younger that demonstrate an ongoing commitment to sun safety are eligible to apply. The 2010 online application is currently available [here](#).

ING: Unsung Heroes Awards

Deadline: April 30, 2010

The ING Unsung Heroes Awards recognize innovative and progressive thinking in education through monetary awards. Maximum award is \$25,000. Full-time educators, teachers, principals, paraprofessionals, or classified staff members with effective projects that improve student learning at an accredited K-12 public or private school are eligible. To learn more click [here](#).

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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